



The Iguana



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It's all about control

New mobile control tower helps keep airfield safe

By Spc. Brad Mincey
Iguana Editor

Perched atop a Humvee, and standing nearly 15-feet tall, the new mobile tower is an impressive addition to the airfield.

With the ability to hold four people comfortably, and direct an unlimited number of planes at the same time, the tower will serve as the base of operations to direct incoming traffic until the permanent site is completed.

The tower is on loan from Robins Air Force Base, Ga., and being a new model this is the first time it is used on post to control air traffic. It was flown in May 2 on a C-130.

The air traffic controllers had been working out of a cramped guard tower while the original tower was closed.

A new tower is in the process of being built, but during the interim, there was a need for a more suitable base of operations.

"Our mission right now is supporting the 228th and the Air Force missions," said Senior Master Sgt. Irving Rodriguez, AFFOR. "Now, we are going to be the hub for Central America. Basically, we are going to be the starting point for distributing food and other needed items throughout Central America."

The need for the new equipment developed when several problems arose from using the building they recently vacated.

"One of the problems was that we didn't have visibility of the entire runway," said Rodriguez. "We had animals on the runway and vehicles crossing, and we have to be the lookouts for the aircraft as they come in."

Being in a tower, 15 feet above the ground gives the controllers a much clearer view of the runway. Being able to see the aircraft, means



Photos by Martin Chahin

SSgt. Arellano Fausto works inside the new mobile tower. The tower is temporarily on loan from Robins AFB, Ga., until the new permanent tower is completed.

better communication with the aircraft, and the controllers know exactly what position the aircraft is at. Another problem arose when several controllers were trying to talk to several aircraft. The distortion and noise from having all the frequencies coming out of one speaker could be very disruptive.

"The equipment is a lot more updated," said Rodriguez. "Before, we were using several different handheld radios to communicate, which could lead to a lot of confusion. Now, we have individual headsets and individual frequencies which will prevent any miscommunication."

Glare on the Plexiglas windows of the guard shack could prevent the controllers from seeing the aircraft. The mobile tower resolves all of these problems by being specifically made for this type of mission. It even puts an end to things that weren't necessari-

See Tower, Page 4



Photo by Master Sgt. Pat McKenna

Airmen setup the mobile air traffic control tower after it is flown in May 2.

New rules: All about standards

By CSM Herman Fisher

JTF-Bravo Command Sergeant Major

Lately there has been a lot of talk about all the changes going on around Soto Cano.

Many feel these changes stem from the removal of the previous commander. Others feel that it's a plot to reshape our sister service in a mirror image of the Army. Still others feel that this is all a plot to reach control of our tenant unit from their parent unit. The truth is it's none of those things.

It's all about the standards.

Bottom line, up front. No organization can survive without discipline, loyalty, service before self, duty, integrity, honor, and respect.

A well-disciplined unit is always identified by the high standards of its members. Leaders, at all levels, are expected to set the standards for professional conduct, personal conduct and safety. They must encourage their subordinates to do the same.

As of June 1, two of the five clubs on post will no longer be allowed to sell any type of alcohol.

Many of my enlisted service members feel that they are being punished for the actions of a few officers.

The general feeling among enlisted personnel is that the officers messed up, but their subordinates are being punished.

Rumors: These are just some of the rumors that have floated past my ear in the last three months. "They're going to close down all the clubs, because of what the previous commander did. They're going to take all the meat out of the BX so that people won't cook in their rooms. You can't have any cooking appliances in your room."

Myths: Here are just a few of the myths that make life at Soto Cano Air Force Base interesting. "If we stop selling alcohol in our club we won't have any way of supporting our orphanage."

"If you close the clubs all the young service members will go off post get drunk, and get into trouble. My club is the oldest, it has the most history, therefore we should keep it open."

Misperception: Rumors and myths are tolerated, and to an extent allowed, however, misperceptions can hurt a unit.

While it is true there have been some changes in the senior leadership here at Sot Cano, the changes in the drinking policy were inevitable.

The fact that three of the five clubs will still be allowed to sell alcohol while two won't was the command's decision.

I fully supported that decision. What troubles me is the fact that so many members of the command wanted to put their personal comfort ahead of the commander's intent.

The intent is to de-glamorize alcohol on Soto Cano. The misperception is that there is an option to support the commander's intent, there isn't!

As a result of polling the members of the command, I've found that most of JTF-Bravo feels that we could do without one or even two of the clubs on post. Everyone is in favor of improving the base, as long as it doesn't cost their unit anything.

The removal of the hot plates from the living areas caused quite an uproar; everyone complained. I've received complaints that ranged from, "Why punish us for what those officers did?" to, "Why didn't you ask us how we felt about hot plates in the rooms before the commander made his decision?" And even, "How do you expect me to cook my food?"

In truth the decision to remove the hot plates was purely a force protection issue.

We all know that it takes less than five minutes from spark to ash if a fire were to break out in these wooden buildings.

The fact that some members of the command were using their hot plates to heat their rooms on cold nights was a contributing factor.

The counter argument was, "Well what about those of us that live in the metal buildings, why punish us?" Surprisingly enough, the loudest protesting didn't come from my junior service members, but from those of us expected to support the commander's intent.

Our reasoning was that we had to speak for the young troops.

I think we just didn't want to move out of our comfort zone.

Unlike our subordinates, we know how to circumvent or twist the rules to suit our personal wants and needs.

All too often, we underestimate the members of this command.

If we reduce the number of clubs on post that sell alcohol then we force that adult male or female to either find another location to drink or not drink at all.

If a person chooses to go off post and get into trouble as a result of excessive drinking, that's a decision made by an adult, and that person should be held accountable for their actions. This is the same standard at all military installations around the world.

When it comes down to it, it's all about standards.

Some feel that standards are the goal this unit is trying to reach. It is believed that compromising is better than confrontation, that way everyone wins. The trouble with this line of reasoning is that it is self serving, not selfless service.

The professional standards by which a unit operates is the basis for all the elements that make the members of that unit a unit.

On the bedrock of loyalty, duty, respect, honor and selfless service, we seek to build men and women of strong, personal courage, unquestionable integrity and self-discipline. These values aren't negotiable. In fact, it offends me that anyone would even suggest that we compromise the standards so that everyone can win.

I truly believe values and standards of the leaders of the unit set the tone of that unit.

The military has never been an organization that relied on the opinions of the majority, or a vote before a decision was made.

Additionally, all leaders at all levels are expected to execute orders as if they were their own.

Soto Cano offers wonderful opportunities for self-improvement physically, mentally and spiritually. It also offers young leaders the chance to perform real-world missions at a time when their peers are still on training missions.

But this is also a great opportunity to develop character traits like honesty, integrity, selfless-service, and loyalty-- traits that will last a life-time.

The Iguana

EDITORIAL STAFF

Commander, JTF-Bravo
Col. Edward Martin III

Director, Public Affairs
Capt. Eric Hilliard

NCOIC
Master Sgt. Patrick McKenna

Editor
Spc. Bradley D. Mincey

Photo technician
Martin Chahin

Production Assistant
Eric Schwimmer

E-mail: pao@jtfb-emh1.army.mil

Website: <http://www.southcom.mil/home/jtfbravo>

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Air Force seeking former service members

RANDOLPH AIR FORCE BASE, Texas (AFPN) — The Air Force is opening its doors to former sister service members who qualify to join.

Up to now, former soldiers, sailors, Marines and members of the Coast Guard could only join the Air Force if they held specialties in a very narrow series of career fields. The new authorization permits all eligible people

with compatible career fields to enter the Air Force.

Training opportunities are also available for former service-members trained in specialties not currently used by the Air Force.

"These training opportunities are primarily available in the mechanical and electrical career fields," said Master Sgt. Jeff Moore, chief of Air Force Re-

cruiting Service's prior service program.

Honorably discharged veterans who have been out of the military no longer than 6 years and have no more than 12 years of total active military service can find out more by contacting their local Air Force recruiter, or by calling 1-800-423-USAF. (Courtesy of Air Force Recruiting Service Public Affairs)

New Horizons 2000 wraps up in Belize

The people of Belize reap the benefits of military personnel training in their country

By Spc. Brad Mincey
Iguana Editor

Many Belize children will benefit from the sweat and hard work put in by many members of America's Armed Forces during Operation New Hope.

A total of seven schools had extensions added to them, which included 20 new classrooms built with cooperation from the Marines, soldiers, airmen and Seabees from Task Force Pelican.

There were also four wells dug in several towns, repairs made to four other wells and medical treatment and screening was provided to more than 8,000 Belizeans, free of cost.

Since Feb. 16, personnel have been working in the area, training and helping the local community. Although closing ceremonies were held May 10 at the Holy Ghost School in Dangriga, Belize, the last member of the team won't leave until probably May 20.

The base camp is little more than a few tents and shipping containers now. Soldiers from the Louisiana National Guard are still tearing things down, packing equipment up and preparing to return home.

The last items to go will be the shipping containers, which will be shipped by barge after the last person leaves.

"The benefit from this for the soldiers is the training they got out of it," said Maj. Gen. Bennett Landreneau, adjutant general, Louisiana National Guard. "They had the opportunity to mobilize, deploy, plan and then build. These are the type of things they would do in a war-time mission."

Although many will benefit from the



Photos by Spc. Brad Mincey

Maj. Gen. Bennett Landreneau, adjutant general, Louisiana national Guard (left), Carolyn Curiel, U.S. Ambassador to Belize (center) and several others, cut the ribbon to open one of the new additions at the Holy Ghost School in Dangriga, Belize, May 10.

hard work of the military personnel, according to Landreneau, there was a much greater benefit than just the training and new buildings and wells.

"One of the greatest benefits was the relationships built during the process," said Landreneau.

During his speech, Landreneau said, "Last year I said 'New Hope is not about buildings and wells, it's about building bonds between people and between governments.' I believe the mission of New Hope has been accomplished and it has been a success."



A bulldozer plays its part in tearing down the base camp for Task Force Pelican.



(Above) A group of the children from Holy Ghost School peer over the edge of the second story balcony. This is just one of seven schools that benefited from Operation New Hope.

(Left) one of the remaining soldiers prepares a telephone pole to be removed. Most of the tents and other buildings had already been taken down by the time of the closing ceremony.

Car accidents can put dent in more than vehicles

By MSgt. Jose Pizano
JSF, traffic accident investigator

As the traffic investigator for JTF-Bravo, it is my job to investigate every type of motor vehicle accident involving government vehicles. Also, government-rented vehicles involved in an accident will be investigated.

Allow me to address the types of on-post accidents, off-post accidents and tips for driving on Honduran roads, and the do's and don'ts of driving at night.

Most accidents that occur on post are minor in nature, and usually involve inattentive backing. Remember, when backing a vehicle, always use a ground guide. If no one is available, get out of the vehicle to ensure no obstructions are behind you. If the vehicle you are operating is not equipped with a backup warning signal, sound the horn a couple times to warn anyone in the area of your intentions.

Also, make sure you come to a complete stop at all posted stop signs and intersections, and stop at marked crosswalks for pedestrians. In addition, the traffic flow on post is very moderate, so vehicle operators have tendencies to speed. The speed limit base wide is 15 mph, to include the base perimeter. The maximum speed, when passing individuals in formation or running, is 10 mph. Make sure you follow, and do not exceed, the posted speed limits and always use your seatbelt.

If not performing official duties, military members should not drive government vehicles off-post. If you are planning a trip, rental cars are available. Depending on the group size, MWR can

plan your trip and arrange a driver for you.

Going to Comayagua? You can ride on one of the shuttle buses, which leaves post on an hourly basis. Most of the streets off post are very narrow and always congested with bicycles, vehicle and pedestrian traffic. You need to drive defensively and be ready for the unexpected. An overwhelming amount of hazards are on the road. Stray animals such as pigs, cows, horses and even chickens wander out onto the roads and create unexpected driving hazards. Another type of item that becomes a hazard to us is a tree branch or a pile of rocks on the side of the road. Believe it or not, this is the most common way Honduran drivers warn other drivers of some type of an emergency.

Remember, we are in a poor country and most Honduran drivers will use any means at their disposal on the roads as a warning device. Very few Honduran drivers ever use traffic triangles as warning devices, especially at night.

Driving at night in Honduras should be avoided if at all possible. The streets and highways are poorly lit and some vehicles travel without lights.

To make matters worse, many people congregate on the road to socialize, and in some cases even to sleep on the shoulder of the roadway. This is one reason, JTF-Bravo Policy Memorandum 15-97, Government Vehicle Use Policy was created. This policy specifically states that, "Due to the dangers of traveling in Honduras, driving government vehicles off post during the hours of darkness will be avoided." Furthermore, during overnight MWR trips, vehicles may not be operated between 8 p.m. and 6 a.m.;

JTF-Bravo pamphlet 600-5 also addresses this.

So what if you did everything right and still got into an accident?

If you are involved in an accident off post, you can expect to have your driver's license confiscated by Honduran National Police (surrender your JTF-Bravo/government license only, not your state-side license) until you make an appearance in traffic court. Notify the Joint Security Force desk sergeant if you are in an accident.

If dialing from an on-post phone, you may reach JSF at ext. 4170. If dialing from an off-post phone, dial 234-4634 and then ask for ext. 4170. If you're not near a phone but have a Saber radio, contact the Joint Operations Center via Bravo net, their call sign is Bravo 21.

We can help you with medical attention, provide legal assistance and initiate a traffic investigation. Don't forget: contact the above numbers immediately after the accident.

Tower

(Continued from Page 1)

ly problems, like the colored lights, but improves upon them anyway.

There are also three power sources the tower can run off of—a generator, power from the Humvee or normal power from electric lines. This will assure the tower can operate under any circumstance.

Safety is the ultimate goal of getting and using the new equipment.

"We feel a lot more comfortable now," said Rodriguez. "All of our controllers are FAA qualified, and now we have the equipment and capabilities we needed. The limitations we had in the shack are no longer there. We could actually operate indefinitely right now. But while we are waiting on the new tower, we can provide safe and expeditious air traffic control now."

Off-limit areas Effective May 1

Off-limit areas in Comayagua:

- * Colonia 1 de Mayo
- * Colonia 2 de Mayo
- * Colonia 21 de Abril
- * Barrio Independencia
- * Barrio Suyapa
- * Barrio La Sabana
- * Barrio San Juan
- * Barrio Cabañas
- * Barrio San Jose
- * Barrio Los Lipos
- * Barrio Boquin
- * Barrio Zarcita
- * Bordellos
- * Hotel Luxenburgo & walkway
- * Motel El Puma
- * Barry's Aquarios Cantina
- * Picaya Night Club (formerly Galaxy Discoteque)
- * Celio's Discoteque
- * Centro Touristico Swimming Pool

The following is a list of authorized establishments for use by service members.

However, after 6 p.m. movement on foot is discouraged for safety reasons:

- * La Plaza (all shops & eateries)
- * Discovery Discoteque
- * Mang Ying Restaurant
- * El Torito
- * Dave's Hamburgers

* Esso Gas Station & Food Court

- * Hotel Morales
- * Hotel Norimax
- * Hotel Quan
- * Paso Real
- * Henry's
- * Tatis Pizzeria/Disco

Off-limit areas in the city of San Pedro Sula:

* All area and establishments on the east side of the railroad tracks.

Off-limit areas in the city of Tela:

* The entire city of Tela is off limits.

Off-limit areas in the city of Tegucigalpa:

- * Colonia Kennedy
- * Comayagüela
- * Strip at Avenida Miraflores (between Blvd. Uruguay and Blvd. Suyapa "Avenue of Death")
- * El Centro (after dark)
- * Picacho Park
- * Plaza España Park

Off-limit areas in Villa San Antonio (Department of Comayagua):

* The entire town is off limits.



Photo by Matin Chahin

On your mark...

Miguel Alvarado, a civilian with the air field operations, fires several blanks to clear the runway of animals, particularly birds, before an aircraft can take off.

Weedeater destroys \$29 million of marijuana

By Capt. Eric Hilliard
Public Affairs Officer

The 228th Aviation Battalion returned May 8, from a successful counter-drug mission on the island of Trinidad and Tobago.

The mission titled Operation Weedeater required a crew of 24 personnel from the 228th and JSF to provide aviation reconnaissance support to the Trinidad and Tobago Security Forces. Using two UH-60 Blackhawks, aircrews helped the DEA and tactical police locate and eradicate more than \$29 million worth of marijuana plants on the island.

This was the second time in less than 6 months that a Weedeater operation has been conducted in Trinidad. However, it was a first ever event for the men and women of the 228th as they used a U.S. Reserve Command C-5 Galaxy to deploy their personnel and equipment which included the two Blackhawk helicopters.

"The mission was a success," said Maj. Gary McMeen, task force commander. "Deploying on a C-5 is a first for us and it went smoothly...despite a few mechanical difficulties," said McMeen.

Overall, the mission would not have succeeded without the total cooperation of all the agencies involved, he said. "Our relationship with the Trinidad and Tobago government, the Coast Guard and the TTTSF was outstanding. With their assistance, we successfully met our mission objective," said McMeen.



Photos by Martin Chahin

Soldiers and airmen load one of two Blackhawks into a C-5 Galaxy. The helicopters were used during Operation Weedeater to seek out and destroy marijuana plants.

AF Reserves offers new education incentives

ROBINS AIR FORCE BASE, Ga. (AFPN) — Air Force reservists in 10 critical career fields and those seeking tuition assistance can apply for two new education incentives starting June 1.

Air Force Reserve Command's Montgomery G.I. Bill-Selected Reserve "Kicker" program and AFRC's enhanced tuition assistance program are designed to boost recruitment and retention of unit reservists and individual mobilization augmentees.

AFRC officials here announced plans to implement both programs in early March.

Designed to work in conjunction with the Montgomery G.I. Bill-Selected Reserve basic program, the kicker program will provide up to an additional \$350 per month to qualifying full-time students.

The critical skills are:

- Aircrew operations (1A)
- Intelligence (1N)
- Aircrew protection (1T)
- Manned aerospace maintenance (2A)
- Fuels (2F)
- Transportation and vehicle maintenance (2T)
- Munitions and weapons (2W)
- Civil engineering (3E)
- Medical services (4N)
- Linguist debriefer/inter-

rogator (8D — IMAs only)

To qualify for the kicker, reservists with these skills must:

- Commit to a six-year enlistment
- Be drawing the Montgomery G.I. Bill-Selected Reserve basic benefit
- Be participating in the Selected Reserve
- Have completed initial active duty training
- Have a high school diploma or equivalent
- Be enrolled in an approved institution of higher learning.

Information about approved programs is available by calling or writing to the nearest Department of Veterans Affairs regional office. People can obtain these telephone numbers by consulting their local telephone under the U.S. Government section or calling 1-800-827-1000.

To apply for the kicker, reservists must complete AFRC Form 19, Montgomery G.I. Bill-Selected Reserve Kicker Contract, which is pending publication.

The tuition assistance program enhances the previous DANTES (Defense Activity for Non-Traditional Education) distance learning tuition assistance program. The new program offers 75 percent tuition reimbursement not to exceed

\$187.50 per semester hour, up to a maximum ceiling of \$2,500 per year. Participants can receive assistance for resident and distance learning courses.

To be eligible for reimbursement, reservists must:

- Have at least 24 months remaining on their service commitment when they apply for tuition assistance
- Be actively participating and in good standing
- Have a high school diploma or equivalent
- Take courses offered by post secondary institutions accredited by a national or regional accrediting body recognized by the Department of Education
- Must receive a passing grade that applies credit toward obtaining a degree

Degree levels must be progressive, not equivalent. Applicants cannot draw tuition assistance for courses that lead to a degree level they already hold. For example, a person who has a bachelor's degree and an associate's degree cannot apply for assistance to get a second associate's degree. However, people pursuing an associate's degree through the Community College of the Air Force in their control Air Force specialty code may receive tuition assistance regardless of any other degree held.

Secretary of Defense gives message for Armed Forces Day

By William S. Cohen
Secretary of Defense

Throughout our nation's history, men and women of courage and devotion have willingly defended our nation's liberties at freedom's front in any sky, on any ocean, on any shore. Fifty years ago, President Harry Truman deemed that a day be set aside to commemorate this tradition by honoring those of you who serve this nation in uniform. What President Truman observed then remains true today: It would be impossible to maintain peace and freedom without our Armed Forces.

Today, you carry the torch of this rich tradition of faithful and devoted service here at home and around the globe. Wherever you serve, whether patrolling the waters of the Pacific, risking all in the no-fly zones over Iraq, or maintaining peace in the Balkans, you are the finest force for peace the world has ever known. You are a truly inspiring team that holds tremendous hope and opportunity for people the world over.

On this fiftieth Armed Forces Day, the American people join me in expressing our profound gratitude to you, aware that your commitment to this nation does not come without peril or price. Duty often calls for prolonged periods away from family and home, in missions that can be difficult and dangerous. So it is truly fitting that we pause on this day to recognize these sacrifices and to honor you, patriots whose passion and dedication preserve the blessings of freedom every day.

As your Secretary of Defense, my message for you today is simple, and a feeling shared by all Americans: We need you. We are enormously proud of you. We thank you for your selfless service.

Love Bug takes a bite of DoD

By Jim Garamone
AFPS

WASHINGTON—“We don’t love the Love Bug virus,” Pentagon spokesman Ken Bacon said May 4 during a press conference.

The computer virus infected unclassified DoD computers worldwide, Bacon said. The virus never entered classified computers, however, nor did it significantly affect DoD missions.

“We are urging all our people to avoid contact—intimate or not—with the Love Bug virus,” Bacon said. DoD’s first mission is to protect its computer

networks. All DoD computer users were told not to open any e-mail with the phrase “I LOVE YOU” in the subject field.

A message went out to all DoD commands about the virus. The department is working with Symantec and Network Associates—experts in detecting viruses and developing vaccines. Current anti-virus measures do not detect the Love Bug. DoD officials first will put in filters to screen out the messages and then add a specific vaccine to detect and deal with the virus, Bacon said.

DoD’s instructions were for those who received the message to

delete it unopened. The Love Bug, also known as “LoveLetter”—invaded news organizations, companies and other governments.

The Love Bug is a “worm” virus that spreads through e-mail like a chain letter, official said. Once a person opens the file in the Microsoft Outlook e-mail application, the virus triggers infected e-mail to everyone in the victim’s personal address book. The virus also attacks graphic “.jpg” files.

DoD first detected the virus in Europe May 4, Bacon said. Computer security officials said they believe the virus originated in the Philippines.

Bacon said DoD will continue to protect its computer networks. DoD computer security experts will provide whatever support they are asked for to law enforcement agencies.

Reporting criminal or suspicious activity

Just as the Joint Security Force has responsibilities to the residents of Soto Cano AB, so do all of you. You must help us help you. Be aware of your surroundings and the people around you during the day. Reporting criminal/suspicious activity is an important responsibility of all personnel.

If you observe something suspicious, notify JSF as soon as you can, and try to describe the activity as accurately as possible. A good way to judge whether you should call JSF on the 911 emergency line is by asking yourself: Are people in immediate danger of injury? Is there an actual criminal offense taking place?

If the answer to either question is “yes,” use the 911 emergency line. However, if it is not an emergency, dial extension 4170 or 4271. Help us eliminate crime on Soto Cano by being proactive.

Report Suspicious Persons By

- ★Sex/Race
- ★Age
- ★Height/Weight

- ★Hair Color/Length
- ★Eyes/Glasses
- ★Tattoos/Scars
- ★Clothing
- ★Weapon
- ★Vehicle: Make, Model, Color, Plate Number

Suspicious Activities Include

- ★Individual walking around residence, looking into windows or trying to force open doors
- ★Individual carrying any kind of weapon
- ★Individuals asking unusual questions, appearing uncertain of questions or the purposes for their questions
- ★Unusual noises for the time of day
- ★Telephone caller asking for credit card or bank account numbers
- ★Individual carrying property out of residence or business at unusual time
- ★Individual running from residence/building

The Power Lizard

106.5 FM

Rockin' JTF-Bravo

Monday - Friday

Midnight - 7 a.m. Top 40
7 - 10 a.m. “Morning Break”
10 a.m.- noon Country
Noon-2 p.m. R&B AFN Jamz
2-5 p.m. “Lizard Lair”
5-9 p.m. Z-Rock
9-10 p.m. Rush Limbaugh
10p.m.-midnight Top 40

Saturday

Midnight-8 a.m. Top 40
8 a.m.- noon Rick Dees Top 40
Noon-6 p.m. Z-Rock
6-10 p.m. R&B AFN Jamz
10 p.m.-midnight Adult Rock

Sunday

Midnight-5 a.m. Adult Rock
5-8 a.m. Jazz
8-10 a.m. Adult Contemporary
10 a.m.-2 p.m. “Country Countdown”
2-6 p.m. “Countin’ Down the Hits” R&B
6-9 p.m. Jazz
9 p.m.-midnight Adult Rock



Soto Cano Shuttle schedule

Monday - Friday Carrier schedule

9 a.m.-Depart SCAB
10:30 a.m.-Arrive hospital
10:40 a.m.-Depart hospital
11:10 a.m.-Arrive DIME
11:20 a.m.-Depart DIME
11:35 a.m.-Arrive Whitehouse
11:45 a.m. - Depart Whitehouse
noon -Arrive U.S. Embassy
1:45 p.m.-Depart U.S. Embassy
1:45 p.m.-Arrive DIME
1:55 p.m.-Depart DIME
2:10p.m.-Arrive Whitehouse
2:30 p.m.-Depart Whitehouse
5 p.m.-Arrive SCAB

Saturday and Sunday Bus schedule

8 a.m. -Depart SCAB
9:30 a.m.-Arrive mall
9:40 a.m. -Depart mall
*10:00 a.m.-Arrive Bowling alley
*10:10 a.m. -Depart Bowling alley
10:20 a.m. -Arrive Whitehouse
10:30 a.m. -Depart Whitehouse
10:45 a.m. -Arrive La Colonia Supermarket
11:15 a.m. -Depart La Colonia Supermarket

11:30 a.m. -Arrive mall
2:30 a.m.-Depart mall
*2:40 p.m. -Arrive Bowling alley
*2:50 p.m. -Depart Bowling alley
3:05 p.m. -Arrive Whitehouse
3:20 p.m. -Depart Whitehouse
4:50 p.m. - Arrive SCAB

***Saturday and Sunday (Golf course only) for reservations call MWR at X-4268 by noon on Friday. (12 PAX Van)**

8 a.m.-Depart SCAB
9:20 a.m. -Arrive Golf course
3:30 p.m.-Depart Golf course
5 p.m.-Arrive SCAB

Airport only service: Monday-Sunday (12 PAX Van)

9 a.m.-Depart SCAB
10:30 a.m.-Arrive Airport
1:30 p.m. -Depart Airport
3 p.m. -Arrive SCAB

To ride the airport shuttle you must reserve a seat by calling the ARFOR-Transportation office at x4336/4623. POC is Staff Sgt. Phillips Largent.

**New additions to schedule*

Fewer troops on food stamps

By Linda Kozaryn
AFPS

WASHINGTON,— Far fewer service members are on food stamps than people think, according to Defense Secretary William S. Cohen. Speaking with reporters en route to Europe April 30, Cohen said DoD officials have been operating on the assumption that about 12,000 active duty service members receive food stamps. Since DoD's last survey, however, he said, the number has dropped to

about 6,300. Pentagon officials recently announced they hope to eliminate food stamp eligibility inequities. Cohen said DoD wants equity for people living off-base and those living on, but not by taking away the food stamp benefit from eligible families. "We'd like to see a situation where no service members are on food stamps, but we also want to make sure that any benefit that is available to our citizens is also available to our service members," he said.

DoD officials want to change food stamp eligibility rules by eliminating monthly cash housing allowances as income. Current food stamp rules count the allowances as income but not the value of government quarters. A service member living on base, then, would appear to earn less and could qualify for stamps more easily than a peer living off base. According to department data, members receiving allowances fare worse because the money covers only 81 percent of off-base housing costs.

'Beetle Bailey' cartoonist honored

WASHINGTON (Army News Service) —Mort Walker, creator of the "Beetle Bailey" comic strip, will be honored during a Pentagon ceremony May 24 at 2 p.m. in the DoD Press Room. The Decoration for Distinguished Civilian Service will be awarded to Walker by Secretary of the Army, Louis Caldera. Since 1950, Walker has entertained readers by cartooning the internationally renowned comic strip "Beetle Bailey." His ingenuity in portraying the Army in a humorous manner has contributed to the morale of soldiers, past and present, throughout the world, Army leaders said. Walker will celebrate his 50th Anniversary penning "Beetle Bailey" in September. The award will recognize not only his comic view of the Army, but also his contributions to the service through the years. He has supported the building of a World War II Memorial in Washington, D.C., to be located at the east end of the Reflecting Pool between the Lincoln Memorial and the Washington Monument. Four years ago, President Clinton dedicated the site, which will honor all

military veterans of the war, citizens on the home front, and the nation at large. Ground breaking is expected this Veteran's Day. Also of note, in 1999, Walker drew a special comic strip publicizing — through his characters Beetle and Sarge — a Noncommissioned Officers Association World War II Memorial Honor Walk. The strip appeared in 1,800 newspapers and the walk, a fundraiser for the memorial, wound through six states and 144 cities, villages and military installations. The characters Walker creates, he has said, are based on his real-life friends and acquaintances from his Army days. He was drafted into the Army in 1943, advanced from private to lieutenant and served in the Air Corps, Signal Corps, Engineers, Infantry, Ordnance, Intelligence and Investigating branches until his discharge in 1946. In addition to the awards ceremony, Walker will be the guest of honor at a Twilight Tattoo hosted by the Office, Chief of Public Affairs and the Military District of Washington at 7 p.m. May 24 on the White House Ellipse. The tattoo features the 3rd U.S. Infantry (The Old Guard) and The U.S. Army Band "Pershing's Own."

Soto Cano Basketball League Standings

Team	Wins	Losses	PF	PA
AFFOR	6*	1	201	125
MEDEL	5	1	215	167
ARFOR	5	3	244	188
155th TRANS.	2	5	242	278
Fire Dawgs	2	5	227	260
Honduran Academy	0	5*	80	209

* HAFA (no show) forfeit 11 May game to AFFOR

FREE CLASSIFIED AD

For active duty and retired military members. Ads will run for four weeks in the Iguana. Items can not be valued at more than \$500, and this price must be in the ad. Ads can be no longer than 100 characters (including spaces). Deadline for ads is by C.O.B. Monday. Only one ad per person per paper (two week period).

Name: _____
Unit: _____
Day Phone #: _____ Night Phone #: _____
Dates Ad is to run _____

JTF-Bravo Chapel schedule

Catholic Activities
Saturday Mass 4:30 p.m., Chapel
Sunday Mass 8:30 a.m., Chapel
Sunday Choir 9:15 a.m., Chapel
Sunday Bible Study 9:45 a.m., DFAC Annex
Wednesday Mass Noon, Chapel

Protestant Activities
Sunday Bible Study 9:30 a.m., Chapel
Sunday Service 11 a.m., Chapel
Sunday Gospel Service 1-3 p.m.,
Thursday Choir Practice 7 p.m., Chapel

Community Activities
Chapel Fellowship meals First Sunday of every month Chapel
Men's Fellowship Mondays 7 p.m.
Women's Fellowship Tuesdays 7 p.m.
Base Bible Study Wednesdays 6:30 p.m.
Retreats contact Chapel for more information
Prayer Fridays 7 p.m., Chapel

Honduran Charitable Organization
Meeting 10 a.m. first Tuesday of every month

For more information contact Chaplain (Capt.) Wayne Hollenbaugh or Sgt. James Elam at 4351 or 4606

Rec Center to check numbers

In order to accomplish our periodical inventory, we have to re-check the serial numbers on our bikes. If you have one signed out from the recreation center, please take it to the recreation center as soon as possible to be checked. Thanks for your support.



Tobacco cessation class offered

A class to help you stop smoking will be offered in the MEDEL class room May 24, from 11 a.m. to 12 p.m. If interested, contact Sgt. Culberson at ext. 4200 or by e-mail before May 20.

Free Intermediate Spanish class

Now is the time to sign up at the education center, next door to the Post Office, for the free Intermediate Spanish class, if you already speak a little Spanish. For Army personnel, you can earn two promotion points toward career progression. Classes are Tuesdays and Thursdays, May 16 to July 6 from 6 p.m. to 8:30 p.m. Call ext. 4420 for more information.

Free CLEP Spanish test

CLEP test is free to active duty personnel. Earn 12 semester hours of humanities college credits toward an associates degree or bachelors degree. There has been a heavy request for the new Spanish test received last month, so be sure to come in and reserve your test on Tuesday or Thursdays 9 a.m. to 11:30 a.m. Each test is 1 1/2 hour.

Distance learning available

The new automated counseling computer Lab, JTF-Bravo Education Center, is open from 1 p.m. to 5 p.m. Monday through Friday for electronic enrollments and follow-up action. Call ext. 4420 for more information and an appointment, if you need to enroll in and work on your Air Force Air War College or Army distance learning study programs.

AF ECI CD-ROM exams offered

Has your AF promotion been interrupted coming here? Do something about it! Since the new automated counseling/distance learning military program started, the JTF-Bravo Education Center has been facilitating electronic examinations for the Air Force ECI courses, such as Course Five, etc., for airmen who are in need of "upgrades" or other career moves. Be sure to request ECI Exams be sent via e-mail to J-1 JTF-Bravo Education Services officer. Since ECI has given the ESO the CD ROMs to secure examinations for all AF personnel, this program has been very successful and will you to your goal.



HCO needs help

Are you supporting an orphanage, church, or just helping out a community in Honduras and thought "Where can I get some extra help or support?" Well that is what the Honduran Charitable Organization (HCO) is for.

The HCO can provide support in many ways, but I only have time to name a few. First, the HCO can possibly help financially for projects, or supplies.

Second, the HCO may have POCs for reliable resources.

Examples would be construction, or electrical work.

Finally, the HCO can present the information to the other organizations for possible support (manpower, etc).

Note: All cases will be reviewed and voted on according to the HCO Constitution BI-laws. All information for each case must be provided before the HCO can make the appropriate decision.

Reminder about appliances

Per the JTF-Bravo commander's recent Policy Guidance Letter, personnel are not permitted to use the following heating/cooking appliances within residential dwellings or attached appurtenances on Soto Cano Air Base.

- A. Stoves (Gas or Electric)
- B. Hotplates
- C. Portable Space Heaters
- D. Charcoal or Gas Fired Grills

All personnel will turn-in these items to the Joint Lodging Office (JLO) if they were either issued the items or the items previously existed in billets upon occupancy.

These appliances must be turned into the Joint Lodging Office now.

Please direct questions to the Joint Lodging Office at ext. 4450 or 4858.

Finance needs your coins

The finance office still needs quarters, dimes, nickels and pennies from JTF-B personnel. If you have spare change lying around, please bring it by the finance office...they really need it. Besides, it comes back to you whenever you shop at the BX. So stop on by the finance office to exchange your change for cold hard cash.

Immunization clinic

The MEDEL EMT's Immunization clinic has new hours to better serve JTF-Bravo.

We will also now have a scheduled time for personnel who are out processing so that we may review their records even more efficiently. Due to staff organization we will only be processing personnel for immunizations and out processing during these given times. Thank you for your cooperation.

Immunization clinic:
Wednesdays 8:30 a.m. - 11:30 a.m.

Out processing clinic:
Tuesdays 8:30 a.m. - 11:30 a.m.



Part-time position opened

Would you like to make extra money teaching only two hours twice a week for the University of Maryland, JTFB Education Center? If you have a masters degree in English, speech, or a related area within that field of study, please stop by the education center/UMUC. You need to give us copies of your transcripts showing what courses you have taken at the masters level, and you need to complete the application forms. We have been looking for an instructor for speech and English. For info call ext. 449 or 4557.

UM college classes offered

University of Maryland classes cost all active duty personnel \$99 plus books, while the government tuition assistance pays \$297 per class.

Starting May 1, be sure to sign up with Sandra for tuition assistance at ext. 4420 at the education center, next door to the Post Office.

Registration and payment of fees to Univ. of Maryland begins May 22, for the following 3-semester hour

classes, June 5 to July 28, 6 p.m. to 9 p.m.

Spanish 111, Elementary Spanish I, Monday and Wednesday

Math 100 and 101, College Math, Monday and Wednesday

Math 101, Concepts Of Algebra, Tuesday and Thursday

Management 160, Principles of Supervision, Tuesday and Thursday

Other classes may be added later. Enrollment numbers will determine which classes are actually given. You may charge your college costs by Visa, Master Card, etc. Please call Mr. Ortiz, UMUC, at ext. 4557 for more information.

New tech tip

Outlook 2000 Importing a Personal Address Book (PAB)

Problem: Brought a PAB from another post and want to import it to use at Soto Cano

Solution: You may import your PAB into one of two places in Outlook 2000. Below are the steps necessary to accomplish this task.

1. Click on 'File'.
2. Click on 'Import'.
3. Click on 'Import Internet Mail and Addresses'.
4. Click on 'Import Address Book'.
5. Choose your destination you want the PAB to import to 'Outlook Contacts Folder' or 'Personal Address Book'
6. Click 'Finish' and your done.



White House news

When making a reservation for the White House do not call to make reservations.

Just send a fax to ext. 4493 and/or e-mail to gonza-lej@jtfb-emh.1.army.mil or to vazqueza@jtfb-emh.1.army.mil.

Air conditioners

The lodging office has a very limited supply of air conditioners, which were purchased to replace dilapidated units in our permanent quarters and transient rooms. Lodging is currently halfway through replacing more than 580 units. Unfortunately, they can not provide air conditioners for work areas. If you need help purchasing a new office air conditioner, you need to fill out a purchase request and work it through supply channels. Personnel needing new air conditioners in their permanent rooms, please contact the Lodging Office at ext. 4450 or 4858 so they can coordinate these work orders.

Passport information

Personnel assigned to JTF-B should arrive with a passport. If they do not have one, especially those assigned here for a year, please go to J1 and begin the paperwork for a "No Fee" passport that can be issued by the Embassy here in Tegucigalpa. Any questions please call either Mrs. Gledia Castillo in J1 or the LNO office in Tegucigalpa at ext. 4493.

Flight line rules

All JTF-B personnel must possess a flight line competency card (AF Form 483) before driving on the Soto Cano flight line. Your unit vehicle NCO is responsible for flight line driving training. Base Operations (Building D-60) issues the card after you successfully pass the flight line driving test.

Note: If you have a red line badge you should also have a competency card. If not, please get with your vehicle NCO and/or Base Operations.

OTC Drugs

Many benefits from non-prescription drugs, but side effects can outweigh benefits if misused

By Capt. Jide Okadigwe
MEDEL, chief of pharmacy

What are OTC medications?

Over-the-counter medications are those medications you can purchase without prescriptions.

As opposed to legend or prescription medications, OTC medications are judged to be relatively safe when used according to manufacturers' recommendations.

Because they are relatively safe, there is no need for routine medical check-ups for the sole purpose of these medications, as long as they are taken according to manufacturer's recommendations.

To tell if a particular medication is an over-the-counter or legend (prescription), all you need to do is look at the package or the container.

Prescription medications will usually have "caution: Federal law prohibits dispensing without prescription" written on the package or the container.

Common OTC products

Products for headache and pain: OTC medication for headache and pain are intended for short-term management of headaches and body aches. It is important to stress at this point that persistent headaches and body aches, not relieved with short durations of OTC products, need to be evaluated by a physician.

Products within this category include the aspirin, aspirin-like products, and non-aspirin products.

The aspirin-like products are the OTC versions of a group of medications commonly called non-steroidal anti-inflammatories.

The non-aspirin products include the Acetaminophen (Tylenol).

The aspirin and aspirin-like products differ from non-aspirin because the former has anti-inflammatory properties while the latter does not.

Side effects with OTC products

The common side effects seen with the aspirin, and the aspirin-like products include stomach irritations or upset stomach.

Chances of stomach irritation and upset stomach increase with longer duration of therapy, increased frequency or simultaneous use of the aspirin and aspirin-like products.

For this same reason, alcohol, caffeine, or other food items or beverages like orange juice known to irritate the stomach are usually discouraged while on these products.

It is important to stress that this problem is usually seen on a chronic therapy with aspirin or aspirin-like products as mentioned above. Stomach irritation or upset stomach is minimal with non-aspirin products like Acetaminophen.

Nevertheless, excessive consumption of acetaminophen can predispose a susceptible individual to liver problems.

Products for cough and congestion

OTC medications for cough and congestion are meant for short-term management of these symptoms only.

Before product selection, it is necessary to determine first the root course of these, since cough and congestion usually manifest as symptoms of an underlying disease, condition, or in some cases, a side effect of other medications. For example, chronic nocturnal cough and congestion may be a sign of heart condition.

Dry and non-productive cough, seen on a daily basis, needs to be addressed by a physician to rule out pneumocystic carinii pneumonia (PCP), one of the complications of AIDS.

Also, dry and non-productive cough are common side effects seen with a group of blood pressure medications called angiotensin converting enzyme inhibitors (ACEI).

For nasal congestion, the active ingredient in medications is usually phenylpropanolamine, pseudoephedrine, epinephrine, phenylephrine, ephedrine, desoxyephedrine, naphazoline, oxymetazoline, tetrahydrozoline, xylometazoline or propylhexedrine.

Products having phenylpropanolamine or pseudoephedrine as active ingredients are usually formulated to be taken orally.

Others are usually formulated as inhalers or for topical applications.

The primary use of these products is to relieve nasal congestion due to common cold, hay fever or other upper airways allergies or sinusitis.

For cough, the active ingredient is usually dextromethorphan or diphenhydramine.

While guaifenesin or terpin are the active ingredients in OTC expectorant formulations.

Sometimes, these products are formulated into double or triple-action combinations containing active ingredient for cough, nasal congestion, as well as expectorant actions.

When in double or triple action formulations,

these products are better for convenience as well as cost reasons.

Side effects with cold products

The common side effects seen with these products depend on the active ingredient(s) contained in the formulation.

Drowsiness and increase in heartbeats are some of the side effects seen with products containing phenylpropanolamine.

Also, a group of antidepressant medications like Nardil, or Parnate, which are commonly referred to as monoamine oxidase inhibitors (MOI), should be avoided while on any OTC medications that contain phenylpropanolamine because of potential adverse reactions. People, who have sugar problems, or blood pressure problems, need to avoid these products, especially those with uncontrolled high blood pressure.

Usually, it is fine for people with blood pressure problems to use these products for short duration, as long as their blood pressures are under control.

Detailed information about these products, including information about other products not covered in this article, can be provided by your MEDEL pharmacist when requested.

Editor's Note: This is Part one of a three-part series. Part two and three will be in subsequent issues.

Some common OTC pain relief products

Products	Active Ingredient	Trade Name
Aspirin Product	Aspirin	Bayer
Aspirin-Like Product	Naproxen Sodium	Aleve
Aspirin-Like Product	Ketoprofen	Orudis KT and Actron
Aspirin-Like Product	Ibuprofen	Advil, Dynafed IB, Genpril, Nuprin, Midol IB, Menadol, Ibuprin and Haltran
Non-Aspirin Product	Acetaminophen	Tylenol

Some common OTC cold medicines

Products	Active Ingredients	Trade Name
Nasal congestion	Pseudoephedrine	Sudafed, Genaphed, Halofed, Efidac, Drixoral or Novafed
Cough	Phenylpropanolamine Dextromethorphan	Propagest Hold DM, Benylin, Robitussin DM, Scottussin DM
Expectorant	Diphenhydramine Guaifenesin Terpin	Bydramine, Diphen Cough, Silphen Cough Guiatuss, Naldecon Seior EX or Glyate Terpin Hydrate

Memorial Day celebrated on Soto Cano AB

The JTF-Bravo Memorial Day Ceremony will be held May 30, from 8 a.m. to 9 a.m., at the base soccer field.

Attendance is mandatory for all base personnel. Personnel must muster by 7:50 a.m.

Schedule of events

8 a.m. JTF-B CDR Opens Memorial Day Ceremony

8:05 Color Guard post Colors

8:10 Invocation by Chaplain

8:15 1/ 228th narrates speech on CMH recipient

8:18 AFFOR narrates speech on CMH recipient

8:21 ARFOR narrates speech on CMH recipient

8:24 MEDEL narrates speech on CMH recipient

8:27 JSF narrates speech on CMH recipient

8:30 Playing of "Proud to be an American"

8— Playing of "American National Anthem"

8— Flags Folded

8— Flags presented to JTF-B CDR / Place wreath on stand

8— Keynote speaker delivers short Memorial Day tribute speech

8— JSF conducts 21 Gun Salute

8— Benediction by Chaplain

8— Color Guard retires Colors

9 a.m. JTF-B CDR closes Memorial Day Ceremony

Motor Stables to be conducted every Monday

ARFOR motor stables will be conducted every Monday at 8:30 a.m. All military personnel assigned to a GSA vehicle will have their vehicle in front of the transportation office at 8:30 a.m. Personnel with an EZ-GO or Gator will have that vehicle in the HSC parking lot. *It is time to get serious with Preventive Maintenance Checks and Services.*

The areas that we will focus on will be:

1. Proper PMCS, using a dash 10 or other applicable references.

2. Proper fault annotation on the 5988-E.

3. Current dispatch.

4. Proper supervision.

DYNCORP mechanics will be on sight to correct any deficiencies. There will be rags, lubricants, and a mechanics tool box on sight.

Upon completion, the OIC and NCOIC will log in each vehicle and check each 5988-E. The OIC on sight will be 1st Lt. Theriot and the NCOIC will be Staff Sgt. Largent.

Coping with hot weather is heated subject

LACKLAND AIR FORCE BASE, Texas (AF-PN) — Air Force members all over the world are called upon to operate in a variety of strenuous conditions. In particular, many have to cope with heat on a daily basis. A variety of medical conditions may plague these folks, including exertional heat illnesses and overhydration. Understanding these problems and how to prevent them requires a knowledge of the body's way of regulating heat, water, and sodium balance.

During heavy exercise, the human body can generate ten to twenty times the amount of heat that it does at rest. Since only 20 percent of that heat is used to do work, the rest must be dissipated. That extra heat is transferred from the core of the body (mainly muscles) to the skin, where it can be released to the environment.

Because heat transfer is accomplished by increasing blood flow to the skin, it is vital to keep up the blood volume, which means keeping up hydration.

In addition, evaporation of sweat is the body's major mechanism for heat dissipation while exercising. Sweat is composed mainly of water, with a small amount of sodium. Dehydration therefore clearly robs the body of its ability to cope with heat stress, and increases the risk of heat illness. In fact, a fluid loss of 1 percent of total body weight can increase the body's core temperature.

Common exertional heat illnesses include heat syncope, heat cramps, heat exhaustion, and heatstroke. Heat syncope usually refers to fainting that occurs at the end of some event (such as a difficult march or race) because of improper cool-down. It may also occur if individuals stand for prolonged periods in a hot environment without moving the legs. It is not dangerous, and is easily treated and easily prevented. Treatment is simple; lie down, elevate the legs, cool off in the shade, and drink cold fluids. Prevention is better; stay well hydrated and keep walking after exertion.

Heat cramps, heat exhaustion, and heat-



Photo by Tech. Sgt. Lance Cheung

Senior Airman Donald Rawlerson and Staff Sgt. James Hoagland, AFFOR supply, work up a sweat on X-trainers.

stroke are conditions of water and often sodium loss. Heat cramps represent the least dangerous of these conditions. They typically occur during or after intense exercise in the heat and usually involve the legs. Sodium is lost in the sweat, and is further diluted in the blood if plain water is used to replace fluid losses. Heat cramps usually resolve with rest, cooling down, and massaging the affected muscles. Prevention involves acclimatization to heat and staying on top of fluid and salt status before exercising. The most important thing to note about heat cramps is that they may signal a worse heat illness.

Heat exhaustion is more complex and more dangerous. Victims continue to sweat, become weak and lightheaded, and may become somewhat confused. Temperatures may range from slight elevation to a high fever, but not as high as with heatstroke, which may show temperatures of more than 104 degrees Fahrenheit. Treatment involves rest, cooling, and appropriate rehydration. Cases of heat exhaustion should be treated in a medical facility where sodium can be measured and fluid can be replaced at the right rate. Again, prevention involves acclimatization and good hydration practices.

Heatstroke is a medical emergency in which the body's cooling mechanisms are overwhelmed. Dehydration and lack of acclimatization usually contribute. The appearance of a heatstroke patient ranges from moderate confusion to coma and a high body temperature. Victims almost always continue to sweat; many people believe that sweating has stopped in the case of heatstroke, but this is seldom true. Because heatstroke can rapidly progress to collapse of vital organ systems, these patients need immediate treatment in a medical facility. Treatment may be complex, based on initial temperatures and sodium balance, but always involves rapid cooling. Prevention is the same as the other exertional heat illnesses.

The flip side of dehydration is overhydration, or simply drinking too much water too quickly. When sodium is lost in sweat, and water is drunk as a replacement fluid, the sodium remaining in the blood can be diluted.

Hyponatremia, or low blood sodium, generally happens after drinking too much plain water (over a quart and a half per hour) over several hours. Slightly low levels of sodium are fairly common in distance runners, and usually go unnoticed. However, the sodium

level may become profoundly low in overhydration, and cause problems throughout the body. Because fluid balance is intimately tied to sodium, hyponatremia can lead to damage of certain kinds of tissues in the body.

Recognizing overhydration is challenging because it may appear so much like exertional heat illnesses. Early symptoms are vague, and include confusion, nausea, fatigue, muscle cramps, and weakness. Worse cases can include vomiting, muscle twitching, delirium, seizures, and coma. Differentiation from heat stroke or heat exhaustion can be difficult, even for trained medics. The main point is that heat stroke, and frequently heat exhaustion, include a high temperature, whereas overhydration does not.

The American College of Sports Medicine recommends drinking about a half a quart two hours prior to exercise. It is important not to skip meals during periods of intense activity, because the salt taken in both replaces the sodium lost in sweat and aids the absorption of water, thus making rehydration after exercise more effective.

While water is usually the right fluid for hydration, sports drinks should be used whenever doing heavy work for an hour or more in hot conditions.

USPS to issue Army hero stamps

By Spc. Staff Sgt. Jack Siemieniec
Army News Service

WASHINGTON— Omar Bradley. Alvin York. John Hines. Audie Murphy. The names ring familiar to all America — not just to those in the Army.

The United States Postal Service formally recognized their contributions May 3, to not just the Army but to American culture, by issuing stamps bearing their names and likenesses.

In a Pentagon courtyard ceremony on a cloudless morning, Army and Postal Service leaders and the soldiers' families unveiled the Distinguished Soldiers commemorative postage stamps.

The four 33-cent, first-class postage stamps feature black and white photographs of the men, with a color depiction of their unit patches.

"If there's a common thread for these uncommon men," said Einar Dyhrkopp, chairman of the Postal Service Board of Governors, "it might be summed up best by the four words uttered by General Douglas MacArthur 'Duty, Honor and Country.'

"By doing their duty, they brought honor to us all and helped preserve this country that we love. Now it's time for this nation to do its duty and honor these distinguished soldiers."

The crowd at the ceremony, estimated at about 400, included Pentagon staffers, veterans who chose to attend the ceremony to honor four of their own and other civilians.

Although the men's deeds were com-

mon knowledge to many of those present, their heroics were recounted for the audience.

Gen. Omar Bradley graduated from the United States Military Academy in 1915 and ultimately rose to the position of the first chairman of the Joint Chiefs of Staff. He commanded a force of 1.3 million men during the Normandy invasion of World War II - the largest field command in the history of the Army.

Sgt. Alvin York, immortalized by actor Gary Cooper in the movie, "Sergeant York," came from the hills of Tennessee to win the Medal of Honor in the Battle of the Argonne Forest during World War I. York, moving alone, captured 132 German soldiers and silenced 35 machine guns.

Gen. John Hines was also a graduate of West Point. His service began in the Spanish-American War, where he took part in the Battle of San Juan Hill. One of his benchmark achievements is the fact he advanced from the rank of major to major general in sixteen months during World War I. After the war, he eventually became the chief of staff of the Army.

Finally, Lt. Audie Murphy started as an enlisted man, gaining a battlefield

commission. During fighting in World War II, although wounded three times, he is credited with single-handedly turning the tide of a battle, winning the Medal of

Honor in the process. A book and movie, "To Hell and Back," depicts his heroism.

"The Post Office commemorative stamp program helps our nation recall its proud heritage," said Secretary of the Army Louis Caldera.

"This program visually and daily reminds Ameri-

cans of the precious human and natural resources of our country, of its unparalleled beauty and of the pioneers and visionaries who helped make this country what it is today.

"This is a wonderful program and we are delighted that you (the Postal Service) are recognizing four American soldiers who gave so much in service to our country," Caldera said.

The secretary said it was appropriate to recognize the men, "In honor of the selfless service, dedication to duty and bravery of four American soldiers who epitomized our nation's commitment to confront tyranny and oppression in World Wars I and II."

Caldera continued his remarks, com-

plimenting the character of each of the four honorees.

Referring to York, he said, "He never capitalized on his hero status, modestly donating the proceeds from those who recounted his deeds to a bible school in Tennessee."

For his tribute to Bradley, he borrowed a quote from President Ronald Reagan.

"General Bradley wore the color of the American soldier with courage, integrity, professionalism and above all, honor. A Bradley command always meant good fortune for freedom's defenders," Caldera said.

Again, using someone else's description, this time for Hines, he said, "General John Pershing once described him as 'Conscientious and loyal, all to a superlative degree. One of the fine developments of the war.' With over four decades in uniform, countless soldiers have drawn inspiration from his dedication and long years of devoted service to our nation."

Murphy, the former enlisted man, touched the heart of the nation on his return from service. Caldera said he was "Idolized by his countrymen as the most highly decorated soldier of the war and one of the greatest combat heroes in American history."

"It is fitting that our nation honor these American heroes," Caldera said, "for through their service, in no small part, they helped shape and forever change our national character and experience. ... They are true treasures of our nation."

AF seeking sharp shooters

RANDOLPH AIR FORCE BASE, Texas (AFPN) — The Air Force has a long-standing record of excellence in competitive shooting, dating back to 1956 when Gen. Curtis LeMay established the U.S. Air Force Marksmanship School at Lackland Air Force Base, Texas. Since that time, the Air Force Shooting Team has brought home medals in competitions such as the Olympics, Pan American Games, and numerous world and national championships.

Marksmanship is an inherent military skill that is instilled in all Air Force members early in their careers. For some, this is more than simply a required skill; it is a way of life. The Air Force Shooting Team demonstrates the military's commitment to the preservation and advancement of marksmanship. It consists of active-duty mem-

bers participating in nine different disciplines: action pistol, American skeet, high-power rifle, international pistol, international rifle, international skeet, international trap, national pistol, and running target.

While most team members provide their own equipment, there is a limited quantity of weapons and ammunition made available for their use.

The Air Force Shooting Team relies heavily on the support of the commanders, supervisors, and coworkers of each team member to make the program a success. Team members, selected throughout the Air Force, remain assigned to their current duty location and are periodically placed on TDY status to train for and represent the Air Force in competitions.

Many of these competitions pit Air Force shooters against both military and civilian

marksmen in national, state, regional, and interservice competitions throughout the country. At the international level, Air Force shooters may find themselves facing some of the top ranked shooters in the world.

Periodically, members will conduct training clinics at universities, high schools and local clubs. Air Force shooters play a direct and important role in enhancing the image of the Air Force both at home and abroad.

Active-duty members interested in applying for the Air Force Shooting Team should submit an AF Form 303, Request For USAF Specialized Sports Training, to their local base fitness center. The application should list all competitive shooting experience, match results, national rankings, and any other qualifications that may be beneficial to the selection process.

Checks accepted at PO decided by commander

(NOTE: Checks are not accepted at Soto Cano AB, Post Office.)

Major command postal commanders may authorize Military Post Offices to accept personal checks from patrons to pay for postal services and many MPOs do.

Continuing this privilege depends on support from patrons and unit commanders.

Check-writers have to make good on their checks. Bad checks, Non-Sufficient Funds, cost the United States Postal Service (USPS) thousands of dollars each year.

To minimize their losses from bad checks, USPS makes extensive efforts to collect the debt and if they cannot, DoD regulations require the writer's social secu-

rity number to be placed on 'bad check' lists.

DoD 4525.6 Vol. 1, Chapter 9, Para 910.2.c.(4).(b) states, "Individual will be prevented from writing a check at the MPO facilities for not less than 2 years should this occur."

DoD 4525.6-M Vol. 1, Appendix A, Para A.1 states, "Organizations and personnel authorized the use of the MPS will not serve as intermediaries for any person or organization not specifically authorized such service." Para A.5 states, "Approval of MPS privileges..., does not extend to the receipt of, or mailing at an MPO of any item(s) intended for resale. This applies to authorized MPS users or not."

Cable concerns being looked at, options still available to base

Charter Trading Corp maintains the base cable TV facility in building K-13 and the associated outside cabling throughout the base that brings the signal to the back of your TV. We have state-of-the-art digital receivers, special antennas and amplifiers to ensure quality reception.

In recent months, the prime vendor Dishnet that provides most of our programming from the United States has been repositioning their satellite by order of the FCC to provide better reception to Alaska and Hawaii.

This satellite movement has caused the signal we receive here

at Soto Cano to substantially weaken. Some channels have disappeared completely and we have had to change our programming according to what was left available. Others channels are at their threshold and go out intermittently at sunset for several hours.

With the rainy season approaching the outages will continue to get worse. As long as there is bad weather between our antenna and the satellite we can expect outages, even if it's not raining on base. Weather cells on the mountain range on the far side of the flightline will affect

our system.

Our system was already at the limits of the satellite "footprint" even before the latest movements. We have optimized our equipment to squeeze out every last db of signal strength.

It is possible that Dishnet will put up another satellite in the coming months that will improve our reception.

In the meantime, we are working with the J6 office and contracting to obtain the latest and most advanced equipment to improve our signal quality and provide the best possible service that you expect and deserve.

Recent Joint Security Force crime statistics

Larceny

9

Failure To Obey Order Or Regulation

4

Vehicle Accidents

4

Unsecured Building

1

MWR TRIPS

Certification in Utila

May 19-22 and 26-29

MWR hosts diving trips to Utila, Bay Islands for those who want to dive, snorkel or complete or continue dive certification at the Bay Islands College of Diving - Utila's only five-star PADI school. Two hotel packages are available. Lodging ranges from \$12-\$45 per night with single and double occupancy as well as meal packages available. Fun dives are \$15 and open water certification course, which begins with academic training at Soto Cano, costs \$150. The school also offers an advanced open water certification course for \$150. Airfare from Tegucigalpa to Utila is \$116 per person. Prices do not include taxes, tips or incidentals.

Roatan Islands

May 19-22 and 26-29

MWR offers "fun in the sun" or diving trip packages to Roatan.

Resort Option 1: Both packages include three nights and four days lodging, Roatan Airport transfers, three meals per day, and use of canoes, kayaks, tennis court and jogging track. The "fun in the sun" package costs \$426 (single occupancy), \$339 (double occupancy) per person and also includes a daily \$20 beverage credit. The "'certified' diver" package includes three dives per day including tanks and weights and costs \$330 (single) or \$270 (double) per person.

Resort Option 2: Both packages include deluxe accommodations, Roatan Airport transfers, and three meals per day. "Fun in the sun" package \$85 (single) \$62.50 (double) per person per day and includes free snorkeling with all guests having the option of going out on the boats to snorkel at dive site. "'Certified Dive" package includes three boat dives per day and unlimited shore diving. Equipment rental is \$25 per day.

Airfare from Tegucigalpa to Roatan is \$121 per person. Prices do not include taxes, tips or incidentals.

Valley of the Angles

May 20 and 28

MWR sponsors a variety of shopping trips to various locations and provides the transportation. Trips depart contracting parking lot at 8 a.m. and return at 5 p.m. For more information call MWR extension 4268.

Copan Ruins

May 26-28

The Copan Ruins have been the major source of information regarding the ancient Maya civilization and has also been referred to as the most artistically advanced of all the Mayan cities. MWR can put you in touch with four different hotels that host several different activities. Lodging ranges from \$32-\$60 per night with single and double occupancy available. Prices do not include taxes, tips or incidentals.

Lake Yojoa/Waterfalls

Every Saturday and Sunday

Enjoy a day or weekend riding a boat around Lake Yojoa or visiting the waterfalls. MWR owns the boats. Servicemembers need to pay for boat fuel. Waterfalls are located 45 minutes from Lake Yojoa. Day trip participants will need to choose between the lake and waterfalls. MWR provides the transportation. Overnight lodging packages starting at 200 Lps per person per night are available through Tours and Travel. Prices do not include taxes, tips or incidentals.

San Pedro Sula

May 19-21 and 26-28

San Pedro Sula is considered the industrial city within Honduras, has five-star Honduran hotels and nice shopping centers. Tourists staying in the city can take a day trip to Copan Ruins or visit any of the other approved cities in the area. Hotel rooms range from \$50-\$90 per night per room and meals are not included.

La Ceiba via air from Tegucigalpa

May 26-29

For more information call MWR at ext. 4268/4458 or stop by the new office in the Recreation Center.